

JANUARY 2020 GSC COASTAL CAFÉ MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>Items listed are the featured item of the day.</div>		1 CLOSED	2 Pork chops	3 CHEF'S CHOICE
6 Meat Loaf	7 Oven Fried Chicken	8 Stuffed Cabbage	9 Spaghetti w Meat Sauce	10 McLew's bkfast CHEF'S CHOICE
13 Chippy Chicken	14 Lasagna	15 Taco Salad	16 Baked Ham	17 CHEF'S CHOICE
20 CLOSED	21 Liver & Onions	22 Hot Turkey Sandwich	23 Salisbury Steak	24 CHEF'S CHOICE
27 Stuffed Peppers	28 Chicken Cordon Bleu	29 Meatball Grinder	30 BBQ Chicken	31 CHEF'S CHOICE

COASTAL CAFE AT GROTON SENIOR CENTER 102 NEWTOWN ROAD GROTON, CT 06340

PHONE: **860-441-6771** (NO ANSWER? PLEASE LEAVE MESSAGE) GSC FRONT DESK 860-441-6785

GROTON SENIOR CENTER SPECIAL EVENTS

JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Most events require registration www.grotonrec.com or 860-441-6785			1	2	3	4
5	6	7 OATS POTLUCK GATHERING 5 PM	8	9 TECH TALK 9 AM Smart Phone 101 CELL HELP 1 PM	10 MCLEWS BREAKFAST	11
12	13	14 Home Holistic Cabinet 1130 am CLUB55 MTG12:30 DINING OUT 5 PM	15	16 Bea Smith 10 am Trip Presentation 1 CELL HELP 1 PM	17	18 WINTER BALL 5pm Must register
19	20 CLOSED	21	22 State Attny 1030 SCAMS in CT *MOVIE MATINEE 1PM	23 TECH TALK 9 AM CELL HELP 1 PM	24 AARP Driving Course	25 BREAKFAST OUT MOVIE MORNING CONTRA DANCE
26	27 MAGIC 1 PM	28 SEAPORT MUSEUM DAY TRIP 130 PM	29 MOVIE MATINEE	30	31	

FEBRUARY 2020 GSC COASTAL CAFÉ MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
		Items listed are the FEATURED item of the day.		
3 Roast Pork	4 Sloppy Joes	5 Oven Fried Chicken	6 Stuffed Cabbage	7 Chef's Choice
10 Spaghetti & Meatballs	11 MEATLOAF	12 BBQ Chicken	13 Taco Salad	14 Chef's Choice
17 CLOSED	18 Baked Ham	19 Liver & Onions	20 Chippy Chicken	21 Chef's Choice GNOG SHOW
24 Chicken Alfredo	25 Stuffed Peppers	26 Lasagna	27 Flank Steak	28 Chef's Choice

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GROTON SENIOR CENTER SPECIAL

FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GSC events require registration 860-441-6785						1 SOUPER BOWL 5-7 PM
2	3 TECHY TEENS TECH HELP 4-5PM	4 Arthritis talk 1pm	5	6 TECH TALK 9-10AM CELL HELP 1-2 PM	7	8
9	10	11 Lymphedema 1230 Club 5 mtg 1230 Dining Out 5pm	12	13 TECH TALK 9-10AM CELL HELP 1-2 PM	14	15
16	17 CLOSED	18	19	20 TECH TALK 9-10AM CELL HELP 1-2 PM	21 GNOG SHOW 5PM	22 BREAKFAST OUT DISCOUNT MOVIE MORNING
23	24	25	26 Movement Disorders 1pm Movie 1pm	27 TECH TALK 9-10AM CELL HELP 1-2 PM	28	